



SANCHIN-RYU KARATE

Summer/Fall



A martial art system rooted in tradition, yet built for today's challenges.

Let's face it, we live in uncertain times. During this time in history it is more important than ever to learn practicable self-defense.

Sanchin-Ryu Karate is a martial art system rooted in tradition, yet built for the ever-changing daily challenges we all face. This unique style emphasizes the philosophy that the road to true confidence and security is paved with your ability to master your movement, your thinking, your emotions, and your truth.

Sanchin-Ryu is a non-competitive style that meets you where you are and gauges your development and individual growth, all in a safe environment. Our ranking system is structured in a healthy no comparison way, effectively recognizing personal attainments and progress.

Many of today's dojos advertise the ideals of discipline and self-confidence, but they only teach you what to do...not *how* to do it.

The *how* is called self-discipline—your ability to give yourself a command and keep it.

Adult Karate:

Want an investment in your time to pay big dividends in all other areas of your life? Yes, we will be punching and kicking, but we will also learn:

- Why multitasking is a bad idea and how you can create unbroken focus to get more things done in your life.
- How to read an environment for threats.
- What to do if you are attacked (using various scenarios).
- How to generate power so that no matter "how big he is" you can protect yourself.
- How to find more balance in your life.
- How to manage and lower Stress.

Karate for Kids:

This program is for children ages 5+. Some of the topics covered include:

- Handling bullies.
- Building a positive self-image.
- How to navigate peer pressure and circumvent it.
- Developing self-control, both physically and emotionally.
- How to improve concentration.

Family Karate:

This activity provides an opportunity for the entire family to participate in a way that does not have a negative impact on the pocketbook. Here are some of this program's features:

- *Karate for Kids* and *Adult Karate* program curriculum
- Lessons on family safety and protection
- How to avoid conflict using awareness and communication
- Drills and exercises

The Instructor:

The Exeter Sanchin-Ryu dojo is run by Master-Sensei Chris Yonker. Chris holds the rank of 7th Degree Black Belt, and has 30 years experience in Sanchin-Ryu Martial Arts. Master-Sensei Yonker and the Exeter dojo are supported by three additional certified senseis, all ready to help you on your journey!

FEE: The cost is per person or per family, per session. Please make your check payable to E.P.R.D. Visa and MasterCard accepted. Sorry, no refunds unless the program is cancelled. There will be a \$20.00 fee charged for each returned check.

Session 1 : Tuesdays, July 5 – August 23, 2016

Session 1 classes will meet on the front lawn at the Tuck learning center and will move to the cafeteria inside in inclement weather.

| Classes | Time | Fee | Class Code |
|--------------------|--------------|------------|-------------------|
| Youths (Ages 5-13) | 6pm – 6:50pm | \$35.00 | 522800-1D |
| Adult | 7pm – 8:00pm | \$45.00 | 542800-1D |
| Family | 7pm – 8:00pm | \$85.00 | 552800-1D |

Session 2: Tuesdays, September 13 – November 1, 2016

Session 2 classes will meet in the cafeteria at the Tuck learning Center.

| Classes | Time | Fee | Class Code |
|--------------------|--------------|------------|-------------------|
| Youths (Ages 5-13) | 6pm – 6:50pm | \$35.00 | 522800-1E |
| Adult | 7pm – 8:00pm | \$45.00 | 542800-1E |
| Family | 7pm – 8:00pm | \$85.00 | 552800-1E |

EXETER PARKS & RECREATION DEPARTMENT

32 Court Street, Exeter, NH 03833

Phone: 773-6151; Fax: 773-6152

Website: <http://exeternh.gov/recreation>

Business Hours: Monday–Friday, 8:15am – 4:15pm